

Free Educational Event

choices in
RECOVERY

Relapse Awareness & Reduction Strategies

Join us for an informative and interactive discussion.

Now is a time of great hope in the management of schizophrenia.

Today, there are more treatment options available than ever to help people stay on track with their recovery so they can live productive, fulfilling lives. However, every person with schizophrenia goes through good periods, and bad periods – known as relapses – which can interfere with recovery.

Understanding, and being prepared for relapse, is key.

The purpose of this educational session is to help consumers, caregivers and family members understand relapse in schizophrenia. The program offers useful tips to help prevent or minimize relapse and provides strategies to help individuals get through difficult periods and stay on course with their recovery. Recovery is an ongoing personal process of working to achieve goals. Recovery is not a cure.

Topics that will be covered include:

- What is relapse?
- Identifying early signs/relapse triggers
- Developing a relapse reduction plan
- The importance of family/treatment team involvement

Date: Wednesday, December 14, 2011

Program time: 10:00 AM to 12:00 PM
Lunch will be served at 12:00 PM

Speaker: Michael Fuller, MD
University of Texas Medical Branch in Galveston, TX
Galveston, TX

Venue: Los Angeles Area Chamber of Commerce
Bank of America Rooms B&C
350 S. Bixel St.
Los Angeles, CA 90017

This presentation is not intended to replace discussions with your treatment team. All decisions regarding your diagnosis and treatment must be made by you and your treatment team.

Space is limited,
so register today!

For free registration, call Los Angeles County Department of Mental Health Public Information Office at (213) 738-3700.

Sponsored by Los Angeles County Department of Mental Health.